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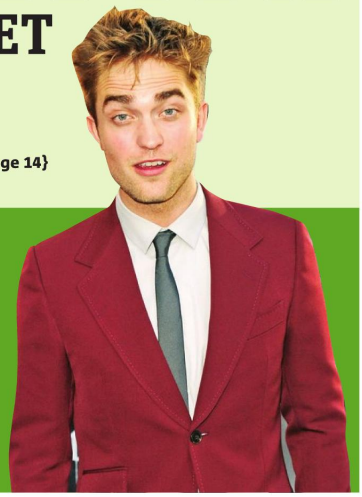
TWILIGHT PDA

ROB, KRISTEN GET CUDDLY AFTER L.A. PREMIERE {page 14}



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Saving yesterday for times to come

- Local veterans share their stories of Second World War with Calgary students
- Digital archive preserves record of Canadian history at thememoryproject.com

The two were never even supposed to meet.

Stuart Byatt, a merchant navy veteran, served during the Second World War on an English ship. While at sea, he started a long-distance letter correspondence with a young Canadian woman.

"I wrote to her things I would have probably never told her, had we just met on the street," said Byatt. The long-distance pair never expected to meet, but Byatt was granted a few days leave and he took a trip to see her. They married soon after.

Stories like this are being preserved for future generations through The Memory Project: Stories of the Second World War, which is now touring through Calgary.

● JESSICA PICHE

Read more about The Memory Project at ***metronews.ca/local***

FIFA. World Cup

▶ Dutch players celebrate victory over Slovakia.

LAURENCE GRIFFITHS/GETTY IMAGES

Dutch delight in round-of-16 win

Dirk Kuyt of the Netherlands picks up Wesley Sneijder in celebration after he scored the second goal during the 2010 FIFA World Cup match between the Netherlands and Slovakia at Durban Stadium yesterday in Durban, South Africa. The Dutch won 2-1. Story, page 24.

Business

Could be a bitter pill to swallow

- Analysts say summit prescription may lead to slower growth
- One economist predicts G20 plan could trigger a depression {page 9}

'It is very good to be home'

Thousands in Halifax welcome Queen back to Canada {page 8}

Deadly blast in Pakistan's south

Truck with chemicals explodes after pressure builds {page 6}

Dress up plain ol' mac and cheese

Throw in some chives, bacon, gruyere for a treat {page 20}

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Kassam to repeat run for mayor

KRISTA SYLVESTER
@METRONEWS.CA

You may remember him from those billboards in 2007, and he wants you to.

Calgary businessman Alnoor Kassam officially launched his campaign for mayor yesterday morning, becoming one more in a plethora of candidates totalling 11.

"Our Calgary is a world class city. It's easy to live in," he said.

"I've lived in many great cities and I live in Calgary because it's the one I like best."

Kassam said he will outline his platform at a later date but believes city hall needs a makeover, and he wants it to start with him.

"We Calgarians have had enough. Let's take back Calgary."

Kassam took a run for mayor in 2007 and came in second but lost to longtime Mayor Dave Bronconnier, who is retiring this year.

Kassam acknowledges he's had some bad press, referring to accusations stemming from Kenya regarding fraud, but pointed out the allegations are contradicted by legal judgment rendered by the Immigration and Refugee Board.

KRISTA SYLVESTER/METRO CALGARY

▶ Alnoor Kassam launched his mayoral campaign yesterday.

Bikers, skaters set to go with the Flow

- People-powered transportation celebrated for second year running
- Memorial Drive traffic reduced

KATIE TURNER
CALGARY@METRONEWS.CA

Traffic on Memorial Drive will look a little different, as bikers, skateboarders and roller-bladers get ready to take to the street for the second annual Bow River Flow.

The full-day event on Aug. 22, which promotes human-powered transportation, is going to be even better than last year's, according to the festival's co-ordinator.

"We have a three-kilometre loop for the first time," said Gerald Wheatley.

He said the highlight of the day will be TuneStations, where people can get their bike tuned up while listening to local musicians.

Activities will stretch from 9th Street NW to 4th Street NW, meaning Memorial Drive will be reduced to one lane of traffic in either direction.

Last year, the festival had a turnout of 4,000. This year, Wheatley said, they are anticipating about 8,000.

Some controversy erupted last year over the closure of Memorial Drive. Wheatley said the road closures will be the same.

Bow River Flow will run from 10 a.m. to 4 p.m. and is free to the public.

"We're looking at enlarging the route considerably and increasing the number of activities."
GERALD WHEATLEY, BOW RIVER FLOW CO-ORDINATOR

KATIE TURNER/FOR METRO CALGARY

▶ Gerald Wheatley, volunteer co-ordinator for Bow River Flow, said this year's event will include more activities, a bigger route and plenty of local music.

1 news

Welcome

Welcome to your new fresh-faced Metro!

We're delighted to debut our exciting new design — bright, open, contemporary — part newspaper, part magazine and all about the world we live in today.

What hasn't changed: Our commitment to being your city voice. You'll find all the news, entertainment, lifestyle and sports you count on reading in Metro, plus new columns, new features, new sections and new ways of telling compelling stories.

You'll also discover new ways to engage with your Metro, from contests to write-ins to the chance to send a message to someone you love! We hope you'll find us more engaging than ever.

CHARLOTTE EMPEY, EDITOR-IN-CHIEF

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metro

KRISTA SYLVESTER/METRO CALGARY

Cambrian Park users Dr. Judy Williamson and Blair Cosgrove have gathered a petition with 1,000 names in support of re-erecting the fence.

Dog park users bark foul after fence removal

- Committee argues more closed-in parks are needed
- Calgary currently boasts 138 off-leash areas

KRISTA SYLVESTER
@METRONEWS.CA

Dog owners rallied at a northwest off-leash area yesterday, protesting the removal of a fence on one side of the park.

Joanne Atkins, of the Cambrian Heights Dog Park Preservation Committee (CHDPPC), said park users are not taking last week's fence removal lying down.

"We want the city to look at the process of how the fence was removed.

1,000

The number of signatures the CHDPPC collected in 10 days to present to Ward 4 Ald. Bob Hawkesworth today, in hopes of reviewing the process of how the fence was removed.

This park was a victim of its popularity and that's why we need more parks like this in the city," she said.

Cambrian Heights was the only north-located park to have a fully fenced off-leash dog park until pleas from concerned area residents prompted the city to partially remove part of the fence.

Uta Gewald, area resident and Cambrian Heights board member, said she believes the park was being overused when the fence was up, causing problems for the community.

The city currently has 138 off-leash areas. The only other fully fenced dog park in the city is Southland.

CRIME

Missing offenders sought by police

Police are seeking three offenders who are considered to be dangerous and are not to be approached.

Colin Munroe, 32, is wanted for five counts of robbery, two weapons offences, and one count of break and enter.

James Lewis, 24, is wanted on several warrants including drug trafficking.

Mark McCredie, 47, is wanted for domestic-related assault and other offences.

All three are believed to be in the Calgary area.

SUBMITTED PHOTO

Colin Munroe

Anyone with information is asked to call police at 403-266-1234 or Crime Stoppers anonymously at 1-800-222-8477.

METRO CALGARY

Sugar, spice not so nice for young

Prof. Charlene Elliott of the University of Calgary plucked products intended for babies and toddlers off supermarket shelves and examined their nutritional makeup.

Of 186 different products, 63 per cent were found to have high levels of sodium or too many calories from sugar. More than half derived over 20 per cent of their calories from sugar.

THE CANADIAN PRESS

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Chemical tanker blast kills 18 in Pakistan

Pressure built up in storage tank of truck hauling 30,000 litres of "thinner" Terrorism ruled out

A truck carrying chemicals accidentally exploded yesterday in southern Pakistan after pressure built up in its storage tank, killing 18 people and wounding 40, police said.

Hundreds of people rushed to the truck depot in Hyderabad city to search through the rubble of destroyed shops for dead and wounded, local television footage showed.

Authorities ruled out terrorism and determined the blast occurred from a pressure buildup, said Mohammad Ali Baloch, the senior police official in Hyderabad.

The truck was carrying 30,000 litres of "thinner," said Babar Khattak, the police chief in Sindh province where Hyderabad is located. He was not more specific about the chemical being transported. Pakistan has been wracked by terrorist attacks over the past few years, prompting the army to launch a series of offensives against the Pakistani Taliban along the country's northwest.

THE ASSOCIATED PRESS

Journalist killed

Pakistan also experiences violence at the hands of a separatist movement in the southwestern province of Baluchistan

- Separatists shot and killed a local reporter Sunday as he travelled in a vehicle with his family, said Paris-based Reporters Without Borders. Faiz Muhammad Sasoli's death raises to seven the number of media workers killed since the start of the year in Pakistan, the group said yesterday.

PERVEZ MASIH/THE ASSOCIATED PRESS

▶ Local residents gather at the site of a truck explosion at a depot on the outskirt of Hyderabad, Pakistan, yesterday.

UN summer camp for children trashed in Gaza

Masked men trashed a UN summer camp yesterday, tying up guards and slashing tents and an inflatable pool in the second such attack blamed on suspected extremists in just over a month — a sign of how, in Gaza, youth camp is not just about crafts and volleyball.

Rival day camps by the United Nations and Gaza's Islamic militant Hamas rulers compete for the hearts of the next generation, the roughly 700,000 children under 15 who make up nearly half of the Gaza Strip's population.

Hamas camps teach an anti-Israeli doctrine and military-style marching, along with horseback riding, swimming and Islam. UN camps try to instil hope in a better future, a message wrapped in fun and games.

The UN says it hopes to help shield Gaza's children against the lure of militancy, a task that's getting harder in the impoverished territory. Educators say today's children are more vulnerable than the previous generation, having witnessed war with Israel last year and the violent Hamas takeover in 2007.

THE ASSOCIATED PRESS

ADEL HANA/THE ASSOCIATED PRESS

▶ UN workers inspect the damage at a UN children's summer camp in central Gaza Strip yesterday.

Strict version

- Hamas is becoming more assertive in imposing its strict version of Islam on daily life in Gaza. It has ordered male coiffeurs out of women's salons, and teenage girls are under intense pressure from teachers to wear headscarves and robes in schools.

Ruling a blow to gun control advocates

The top U.S. court, in a blow to gun control advocates, ruled yesterday that states and cities cannot bar Americans from owning firearms.

The ruling by a narrowly divided Supreme Court builds on a case decided two years ago in which the court found that the city of Washington's ban on handguns violated the U.S. Constitution's guarantee of the "right to keep and bear arms."

The top court was divided along ideological lines, with five conservative and moderate justices in favour of gun rights and the four liberals opposed.

THE ASSOCIATED PRESS

Obama: Space race is for all

U.S. President Barack Obama is urging greater international co-operation in exploring space. Obama said in a statement yesterday that the United States no longer is "racing against an adversary" in space. He said the U.S. seeks peaceful collaboration.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS PHOTO

▶ Obama

No appeal against bus beheader ruling

The Crown attorney's office in Manitoba has decided not to appeal a decision that granted bus beheader Vince Li his first small taste of freedom. The Crown says there are no legal grounds to challenge a ruling by a criminal review board to allow Li short, supervised walks on the grounds of the mental hospital where he is being held.

Li was found not criminally responsible for stabbing and beheading Tim McLean on a Greyhound bus in July 2008. He has been held at the Selkirk Mental Hospital north of Winnipeg.

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News in brief

▶ Mayor David Miller

No inquiry into G20 rioting?

TORONTO. The Ontario government says it's up to Ottawa to call a public inquiry into the G20 Summit that roiled Toronto.

And Toronto Mayor David Miller insists no inquiry is needed, saying the city's Police Services Board will conduct a routine review with input from citizens — and anyone who feels they were mistreated by police can complain directly to the provincial Office of the Independent Police Review Director.

But Ontario's New Democrats say there are "far more questions than there are answers" after the wild weekend of violence and the decisions that led up to it, making it essential to have an inquiry into how Toronto was chosen, security was planned, as well as police tactics and strategy over the weekend.

TORSTAR NEWS SERVICE

Population tops 34 million

STATISTICS. Canada's population now exceeds 34 million, with British Columbia showing the strongest growth rate of all provinces, according to Statistics Canada.

As of April, the national population was estimated at 34,019,000, a jump of 0.26 per cent — or 88,100 people — from January.

Immigration accounted for 71 per cent of the increase.

THE CANADIAN PRESS

Canada 'home away from home' for Queen

Royal couple opens nine-day nationwide tour with stop in Halifax

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Queen Elizabeth II waves in Halifax yesterday.

Bernadette Hearns giggled like a schoolgirl yesterday moments after she met the Queen.

"It was so wonderful. She's beautiful," the Halifax woman said as the Queen completed a walkabout at the rain-sodden foot of Citadel Hill, the port city's historic British fort.

"She said, 'I hope you didn't get too wet."

Hearns was among an estimated 3,000 people who braved a torrential downpour to see the Queen and Prince Philip as they started a nine-day tour of Canada.

Only minutes before they arrived at the fort's Garrison Grounds, where a squad of Mounties in soaked red serge stood at attention to greet them, the heavy rain stopped, as if on cue. Gov. Gen. Michaelle Jean greeted the Queen as she emerged from her limousine to start her 22nd official visit to Canada.

The rain held off for the entire ceremony, which included a 21-gun salute, a review of a Guard of Honour, a speech from Prime Minister Stephen Harper, and traditional Celtic and Acadian music.

"Look, it's a once in a lifetime," said Hearns, he hair shielded from the rain by a plastic head scarf. "You know ... I'm so excited. It's wonderful. We got soaked. But that's OK."

The Queen, dressed in a sand-coloured overcoat, carried a bell-shaped umbrella with a yellow fringe and handle that matched her wide-brimmed hat.

In a brief speech, she recalled her six decades as Canada's reigning monarch, speaking of her pride in the country's accomplishments and the warmth she felt at the welcoming ceremony.

The 84-year-old Queen recalled the words of the Queen Mother as she reflected on what it means to return to Canada.

"My mother once said that this country felt like home, away from home, for the Queen of Canada," she said in her first of four speeches during her tour of five Canadian cities.

"As Queen of Canada for nearly six decades, my pride in this country remains undimmed ... it is very good to be home."

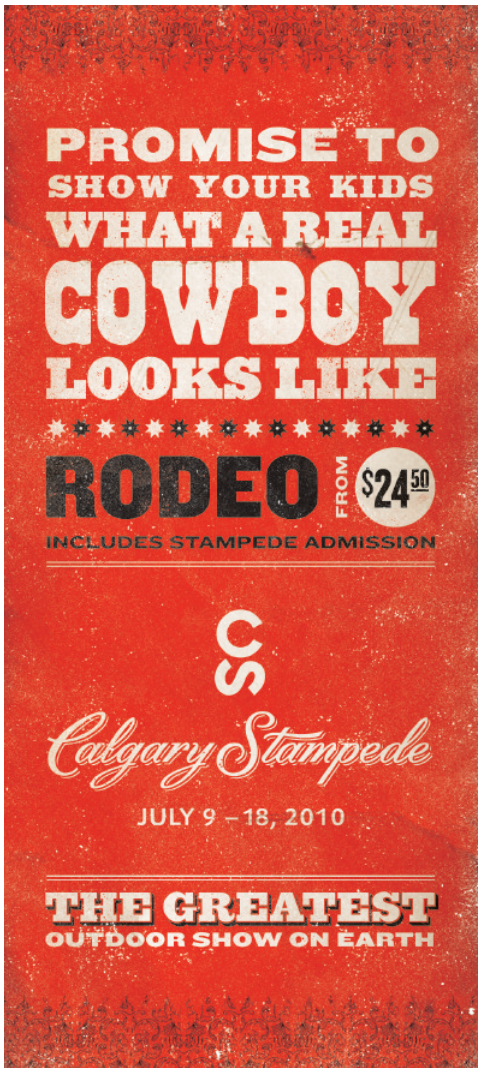
"My mother once said that this country felt like home, away from home, for the Queen of Canada. As Queen of Canada for nearly six decades, my pride in this country remains undimmed ... it is very good to be home."
QUEEN ELIZABETH II

In his address, Harper recalled the Queen's previous visits and the impact they have had on Canadians who have seen her, including himself as a boy when he saw her motorcade a couple of blocks from his house in Ontario.

"Those people treasure those experiences for a lifetime," he said.

Harper said the Queen has visited Canada more often than any other country in the Commonwealth The Queen last visited in 2005, with stops in Saskatchewan and Alberta.

THE CANADIAN PRESS



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info2 know

Dangers of the Bow River weirs

The Bow River weirs can kill you.

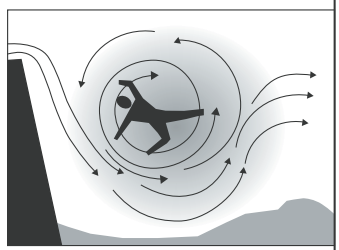
Many have died trying to boat or swim over the weir in the Bow River, downstream of St. George's Island near the Calgary Zoo. The water is equally dangerous near the weir at Wyndham-Carseland Provincial Park and above or below any dam.

Venturing over the weir is risking death. No matter how big your boat is, water currents at the weir's base will grab and capsize it. Once you are caught in the swirling water, escape is impossible. In addition, construction at the Calgary weir is ongoing and the area continues to pose a deadly hazard.

How to avoid the dangers:

- Read and heed all warning signs
- Portage around weirs
- Do not play near weirs
- Warn your friends and family

For more information about safety around weirs, call 403-297-6517.



Government of Alberta ■ Alberta

BP looks for some relief

BP says the rig drilling the relief well that's the best hope of stopping the Gulf oil spill has made it within about six metres horizontally of the blown-out well that's gushing crude.

BP's senior vice-president Kent Wells said yesterday the rig is going to drill an additional 270 metres down before crews cut in sideways and start pumping in heavy mud to try to stop the flow from the damaged well.

Wells says BP is moving extremely cautiously to make sure everything is lined up correctly and the relief well is still on target to be finished by early August. He added BP is confident it'll work.

THE ASSOCIATED PRESS

ADRIAN WYLD, THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and U.S. President Barack Obama welcome restraint.

G20 leaders cause flap with flip in spending

Beware a repeat of the 1870s and 1930s depressions, economist warns ◐ Deficit reduction policy debated

The morning after leaders of the big economies called for bitter medicine to cure the world's ills, many analysts said the prescription will lead to slower growth and at least one prominent economist said it could trigger a depression.

The alarming analysis came from Nobel laureate Paul Krugman, who argued in the New York Times that by turning on a dime from stimulus to restraint, governments are threatening to turn a recession into a depression.

"We are now, I fear, in the early stages of a third depression," Krugman writes. "Governments are obsessing about inflation when the real threat is deflation."

Even some economists who agreed with the G20 consensus, such as Craig Alexander of TD Bank and Brian Bethune of IHS Global Insight, wondered if countries such as Germany were taking austerity too much to heart. Spooked by Europe's debt crisis, leaders in Toronto, with the possible exception of Japan and the U.S., believe spending cuts to at least halve deficits in the developed world by 2013 are essential to avert, not cause, a second financial meltdown. Yesterday, the Bank of International Settlements added another official blessing.

0.1%

That's the amount of April growth (revealed tomorrow) in Canada. Second-quarter growth is expected to be less than half of the 6.1 per cent pace in the first three months.

THE CANADIAN PRESS

Billionaire lets go of Lions Gate

Billionaire activist investor Carl Icahn says he will not extend his offer for Lions Gate Entertainment Corp., worth $7 per share, which expires at the end of the month.

Icahn, who has led a battle to gain majority control of the Canadian-American independent movie company for months, defended the pricing of his offer for the company yesterday. He currently owns about 32 per cent of Lions Gate and wants to gain a stronger hold on the company and replace its board of directors.

Lions Gate said in a statement that "our financial performance is strong, our momentum is growing and our direction is clear." Based in Canada, it operates out of Santa Monica, Calif. and is known for high-profile films like the Saw horror franchise and the movie Precious: Based on the Novel Push By Sapphire.

THE ASSOCIATED PRESS

Ringing up Apple sales

Apple Inc. said yesterday it sold more than 1.7 million units of its new iPhone model in the first three days, making it the most successful product launch in the company's history in terms of sales.

The iPhone 4 went on sale Thursday in the U.S., Britain, France, Germany and Japan. The device goes on sale in Canada in late July. Analysts have said Apple is having a hard time procuring parts.

THE ASSOCIATED PRESS

AN OPPORTUNITY TO SPREAD THE WEALTH

She says ...

JESSICA NAPIER

During a recent Saturday morning shopping trip to the market I found myself confronted with an overwhelming array of exotic dips.

Yep, that's right. From roasted red pepper hummus to olive and feta cream cheese, it seems the cracker topping possibilities are endless these days. I lingered at this particular stall for a while; I was attending a housewarming party later that evening and had been given the responsibility for "all things spreadable."

Apparently, while I spent the last couple of years doing the whole graduate school, unpaid internship, backpacking in Europe thing, one of my much more financially responsible friends had found the time and the money to purchase her very own condo.

Although I recently hit a couple of pretty big milestones — signing the lease for a tiny (but beautiful) apartment and landing a full-time job — I can't help but think that I've fallen behind the pack a little. Sometimes it feels like everyone around me is getting promoted, or pre-approved or proposed to, while I'm just happy to be getting health benefits … finally!

"I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?"

During the 20 minutes I spent trying to pick an appropriate housewarming dip, I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?

Soon I'll be moving up into that next age box — you know, the 25-29 range — which is both horrifying and exciting. I'm sad to say goodbye to those hilarious and irresponsible years of my early 20s … but there is something to be said for maturity. Sometimes it's nice to a spend a sunny Saturday morning pondering over patés at the market instead of in bed with a serious hangover and a bass player's phone number written on your arm in eyeliner.

Ultimately, I couldn't bring myself to buy just one type of spread. I decided to waste far too much money and indulge in a variety of hummuses and tapenades and cream cheeses, because those are the silly little luxuries you can afford to overspend on when you don't have a mortgage.

Cartoon

Noteworthy

Haiti's population expected to grow

Haiti's population will continue to grow quickly despite the tremendous loss of life in the January earthquake, according to U.S. Census Bureau estimates released yesterday.

The bureau estimates Haiti's current population at 9.6 million, based on an estimated quake death toll of 230,000. It projects the impoverished country will recover and surpass its pre-quake population level by 2012. By 2050, the bureau says, Haiti will have 13.4 million people.

THE CANADIAN PRESS

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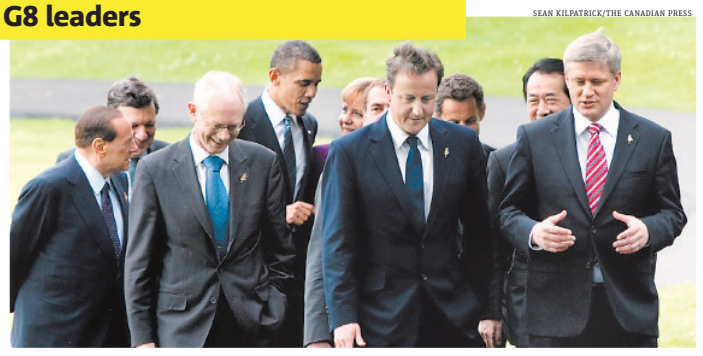
G8 great value for kids

G8 leaders

SEAN KILPATRICK/THE CANADIAN PRESS



Letters & Tweets

TORONTO. Canadians are right to question the real value of hosting the G8 and G20 summits. As leader of an organization focused on making the world a better place for children, the value to me is clear.

The opportunity to speak to the most powerful global leaders at one time about the needs of those children is unmatched by any other forum.

For at least a brief moment last week, thousands of journalists told stories of children and mothers living in poverty who need global leaders to address their plight. While we hoped for much more because of this G8, 1.3 million children will survive past their fifth birthday and 64,000 women will survive pregnancy and childbirth. That is something of great value.

DAVE TOYCEN, PRESIDENT AND CEO, WORLD VISION CANADA

EDMONTON. First of all, I love Metro. However, your continued publishing of Lindsay Lohan tweets are not necessary.

If she does something truly amazing, such as cleaning herself and her reputation up, print that.

Most readers will agree that most of her tweets are not tweet-worthy.

Please find some other more interesting celebrity tweets.

DAVE STAWNICHY

What do you think of Metro's redesign?

E-mail
calgaryletters@metronews.ca
Twitter
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Metro has the right to edit letters and comments.

Metro Minute in Mission with Alistair the pig

If you have a minute to spare, take someone special for a stroll through Mission.

Alistair, a large black pig, is available for a walking date through his neighbourhood.

Drop your ID off at Pawsitively Pet Shop on 4th St. SW and spend some time with the famous pig.

Alistair will be sure to turn a few heads from passersby as he moves along at his own pace, stopping to smell the flowers.

METRO CALGARY

CONTRIBUTED

▶ Alistair the pig

Release of Eclipse coincides with lunar eclipse Tours offer fans first-hand look at the locations where Edward and Bella embarked on Twi-adventure Facebook group launches online petition in an effort to bring more Twi-tours and events to Canada

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Twilight star Robert Pattinson poses with fans at the premiere of The Twilight Saga: Eclipse in Los Angeles

Fans in frenzy over Twilight countdown

LINA TOYODA
SCENE@METRONEWS.CA

Twihards, Twilight moms and fanpire friend are all part of the Twilight lexicon among the legion of fans for the hugely popular vampire saga of teen romance and divided loyalties.

The countdown is on for Eclipse, and twilighters are rustling with anticipation for the third installment to hit theatres tomorrow.

Like a cosmic coincidence, the release of Eclipse has lined up with a lunar eclipse.

Summit Entertainment, working with Canada's E1 entertainment, took this opportunity to stage a free fan event and a multi-city open air screening of New Moon on Saturday night.

"The fans of the series have just been so unwavering in their support and they're so loyal," said Charlene Coy, director of publicity at E1. "The least we could do is put on this free public event for the fans to come out and get the hype up."

The event was held in Vancouver and Toronto alongside major U.S. cities, and fans celebrated by dressing up and getting adorned as vampires at a "sparkle station" or the fake tattoo parlour that set up shop at UBC Thunderbird Park and Harbourfront Centre.

"The fans in Canada are equally as loyal as the fans in the U.S.," says Coy.

The Twilight Saga seems to have all the ingredients to concoct a perfect fantasy of everlasting love for an ordinary and, well, the "plain Jane" kind of girl, says 17-year-old Michelle Pan, creator of bellaandedward.com, one of the most well-known fan sites in the U.S.

"From what I've seen with the previews and trailers, this movie looks like it's been taken to a whole new level."
MICHELLE PAN

"Most of the fan base is teenaged girls," says Pan. "I would say like 99 per cent are all female with the occasional guy who's a fan of Twilight but there aren't very many."

Pan who lives in Austin, Texas, could be called an expert fan, and has been invited to all of the Hollywood premieres of the Twilight series and recently penned the book Bella Should Have Dumped Edward, which has fans debating hot-button Twilight questions.

"Some of the fans, they are so dedicated, they sleep in a tent outside in the middle of Los Angeles for four days straight to see these actors and actresses. That's hardcore dedication right there," she laughs.

Petition calls for Twi-events

The Official Twilight Fan Club on Facebook has over 76,000 members. In an effort to bring more Twi-tours and events to Canada, a group called "Twi-Can Petition: Bring Twilight to Canada!" currently has over 2,300 members who don't want Canada to miss out on the Twi-parade.

LINA TOYODA

Convention, set tours bring story close to fans

Some discussions among fans in Michelle Pan's book, Bella Should Have Dumped Edward, include: Is Bella an independent girl or is she a blank canvas that needs to rely on a man? And, Should Bella have ended up with Edward or Jacob?

The Official Twilight Convention 2010 by Creation Entertainment (best known for its popular Star Trek conventions) has one Canadian date on its tour this summer, from July 30 to Aug. 1 at Westin Harbour Castle in Toronto.

In Vancouver, Twilight set tours offer fans a first-hand look at the real locations where Edward and Bella embarked on their Twi-adventures, and a chance to hear some insider tales of where the young actors hang out while shooting in town. Go to vancouversettours.com for more info.

LINA TOYODA

SUBMITTED PHOTO

▶ Michelle Pan

2 scene

News in brief

1 Vince Neil of Motley Crue charged with drunk driving in Vegas. METRO

2 Secret tapes say Oprah was contender for Senate seat. METRO

3 Twilight author Stephenie Meyer scores another hit with The Short Second Life of Bree Tanner: an Eclipse Novella. METRO

Tell us what you are recording @metrocalgary

PVRTweets

@BreeErhardt So You Think You Can Dance :)
@devongoodsell Toddlers and Tiaras.
@steveoby has to be watching England lose to Germany, I will be watching that one daily for a while now….
@esheinberg The Hangover..I've seen it a bazillion times but still can't bring myself to delete it!
@maryselalonde Lie to me is back for the summer!

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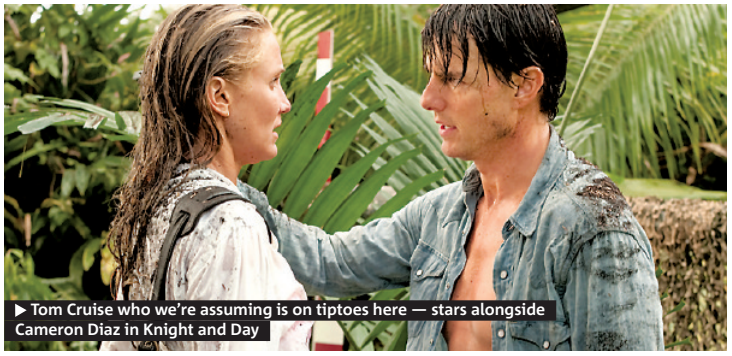


▶ Tom Cruise who we're assuming is on tiptoes here — stars alongside Cameron Diaz in Knight and Day

Get it, SHORTIES!

In honour of Knight and Day, we look at other films where vertically challenged guys have landed statuesque leading ladies Tom Cruise, you're a pro

MONICA WEYMOUTH
monica.weymouth@metro.us

Who/Where		Why it worked
▶ The couple: **Tom Cruise (5'7") and Kelly McGillis (5'10")** ▶ The film: **Top Gun (1986)**		Not only does Tom Cruise seem to wear generously heeled shoes, but he goes by Maverick in this one — can't nobody hold him down.
▶ The couple: **Ethan Hawke (5'10") and Uma Thurman (6'0")** ▶ The film: **Gattaca (1997)**		Ethan Hawke is, well, Ethan Hawke — plus he bought Jude Law's DNA in this sci-fi flick. The costars married after the film (although later divorced).
▶ The couple: **Ben Stiller (5'6") and Cameron Diaz (5'9")** ▶ The film: **There's Something About Mary (1998)**		The three inches between them only adds to the "why is this supermodel talking to Ben Stiller in braces?" dynamic.
▶ The couple: **Tom Cruise and Nicole Kidman (5'11")** ▶ The film: **Eyes Wide Shut (1999)**		These two were married. And in 2006, Cruise walked down the aisle with another who would tower over him in red carpet heels — Katie Holmes, 5'9".
▶ The couple: **Ben Stiller and Jenna Elfman (5'10")** ▶ The film: **Keeping the Faith (2000)**		It's a weird duo, for sure — but in the end, we think Stiller's rabbi is a more-likely, less-creepy match than Edward Norton's priest.

SOURCE: IMDB.COM | PHOTOS: GETTY IMAGES

When Cruise was Hollywood king

Before all the couch-jumping, Tom Cruise was Hollywood's true Top Gun A look at his 5 best films

THE ASSOCIATED PRESS

▶ Tom Cruise has been nominated for an Oscar three times.

Before all the creepy laughter in leaked Scientology videos, before public spats with Matt Lauer and Brooke Shields, Tom Cruise wasn't just THE A-lister among all Hollywood A-listers, he was also an actor who could really act.

In recent years, his off-screen antics have overshadowed his on-screen talent, but this may change with his newest turn in the action film Knight and Day.

With that in mind, let's take a look at a few of his strongest roles:

Magnolia (1999)
Pretty much universally recognized as his best work ever, it earned him the third of his three Oscar nominations. As cocky self-help speaker Frank T. J. Mackey, Cruise electrified Paul Thomas Anderson's opus about intertwined lives — and falling frogs — over one day in Los Angeles. He was totally commanding in his arrogance on stage, yet also laid himself bare watching the death of his father (Jason Robards) and struggling with the conflicting emotions it stirred.

Jerry Maguire (1996)
OK, so maybe the "You complete me" scene is more than a little cheesy in retrospect. Still, his performance as a sports agent trying to rebuild his career and his personal life allowed him to show the full range of highs and lows within him.

Born on the Fourth of July (1989)
Here's where Cruise showed his ability to dig deep, and do more than just charm us by flashing that sexy smile of his and working his high-energy, verbal magic. (This was his first Oscar nomination for best actor.)

Minority Report (2002)
Sure, the visuals and the bold ideas are what you probably remember from Steven Spielberg's darkly thrilling sci-fi drama, based on the short story by Philip K. Dick. But Cruise is at the centre, holding it all together confidently as the straight man in a fantastic, futuristic world, even as his detective character, John Anderton, goes on the run for a crime he hasn't yet committed. Delivering a rare understated performance really works for him here.

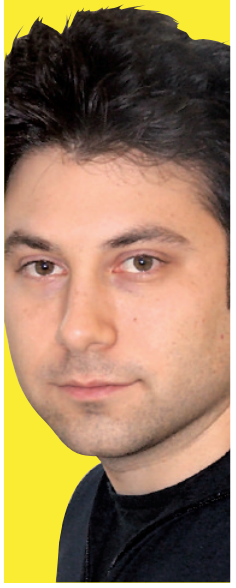
Risky Business (1983)
Of course, the movie that made him a star in the first place. In retrospect, it's a classic Tom Cruise role, the prototype: a young guy who has it all and thinks he has all the answers, only to experience a comeuppance.

THE ASSOCIATED PRESS

PRIZE-WINNING PICKS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



On July 7 the Polaris Music Prize shortlist will be announced and the lives of a number of bands may change. The prize – and a $25,000 cheque – is awarded to the best album of 2009-10 and is voted on by about 200 journalists from across the country, including me.

While the Polaris Prize isn't as well-known as a Juno Award, winning – and sometimes nominated – musicians still see a significant rise in record sales, increased attendance at live shows, and more than a few winning artists have told me that the international media always bring it up during interviews. Knowing this is a big responsibility for all jurists — so many good Canadian albums come out every year and picking five for the long list, and then another five for the short list, is no easy feat. I did it though. While some of my long list picks didn't make the cut, here the five records that I choose on my short list ballot. They're all albums you should listen to right now.

Shad, *TSOL*
Born in Kenya and raised in London, Ont, the 28-year-old rapper's charm lies in his ability to fuse thoughtful rhymes with a sense of humour. The song A Good Name, off this, his third and best record, encapsulates all that's great about this disc. He starts of with the funny lyric, "say what you like just spell my name right" and then passionately explains his roots.

Hannah Georgas, *This is Good*
When I first got hold of Hannah Georgas' debut disc I didn't expect much. A lot of solo artists send me bad records. But, as soon as I popped this on I was floored. The Vancouver-born singer-songwriter has mastered the indie pop hook — her songs are loaded with infectious choruses, sweet melodies and an unpretentious charm. Listen to Lovesick and you'll see what I mean.

Ghostkeeper, *S/T*
Calgary five-piece band Ghostkeeper should be the definition of a Polaris Music Prize nominated act — they push serious boundaries, take risks and, most importantly, make good music. The band combine folk, pop, blues and noise rock — a strange combination indeed, but one that must be heard.

TV watch list

When *Beauty* calls

GOOD ADVICE? Hollywood blogger Perez Hilton is best known for ripping into celebrities but tonight he tries his hand at doling out fashion advice on Anna & Kristina's Beauty Call. In this episode, he critiques Anna and Kristina's attempts to pull together a $500 outfit. (W Network)

METRO NEWS SERVICES

Wipeout!

GAME SHOW. Soccer fever has hit the outrageous game show Wipeout. This week, adrenalin junkies make their way through a World Cup-themed obstacle course. (Global, ABC)

METRO NEWS SERVICES

Popsicle 2010 SOCCER CLUB

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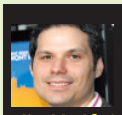
Celebrity tweets

Neil Patrick Harris [@ActuallyNPH] In Athens, on vacation. Hiked up to the Acropolis. Saw the Parthenon. Blown away. So much more authentic than the one in Nashville...

Chris Brown [@chris-brown] i got dat new iphone..... but mine has a gold twist to it..

Spencer Pratt [@spencerpratt] 'Eclipse' Top Advance

Ticket Seller Of Year Glad I got My ticket! NOT!



Michael Ian Black [@michaelianblack] This humidity obviously wants me dead

METRO NEWS SERVICES

Gibson's lawyers strike back at ex

Abuse allegations slammed by the actor's legal counsel

Mel Gibson's lawyer is striking back at allegations by Oksana Grigorieva that he assaulted her during an argument, according to Hollyscoop. "Mel was hopeful their breakup was behind them and Lucia would be the beneficiary of co-operative parenting," says Stephen Kolodny, who insists Grigorieva is making the claims in order to win better access to the couple's eight-month-old daughter. "Apparently Lucia will be denied that good fortune. Making sensational allegations is not the way to resolve this."

METRO WORLD NEWS

GETTY IMAGES

▶ Back when their baby had a chance at a therapy-free life

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GETTY IMAGES

▶ Guess who's the vampire

Twilight stars engage in some post-mortem PDA

Twilight co-stars Kristen Stewart and Robert Pattinson have been coy when it comes to any possible off-screen romance, but the pair reportedly couldn't keep their hands off each other after the premiere of the series' latest film, Eclipse, in Los Angeles. "They were kissing, nuzzling, holding hands and embracing," a source tells E! News. The pair were spotted hitting a rooftop bar at the film's after-party.

"He's so into her," the source says. "The way he looks at her is so passionate."

METRO WORLD NEWS

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3 life

Racquet love

Want the shoulders of a swimmer, the endurance of a marathoner and the power of a sprinter? Tennis pro and Crunch gym fitness instructor Akin Akman talks us through the game — and full body workout.

ROMINA McGUINNESS
METRO WORLD NEWS

GETTY IMAGES

▶ Rafael Nadal of Spain won this month's French Open.

Shoulders

"Strong shoulders create a more powerful swing, helping you hit the ball across the net with more power. To improve shoulder strength and reflexes, practise throwing and catching a medicine ball with a partner."

Arms

"Having strong, toned arms helps increase the speed and power with which you hit the ball but the key is really down to your core strength. It's an upward ripple as the movement stems from the core, then the twisting and hip rotation, extending out to the arm."

Core

"The body's powerhouse when playing tennis is your core. Your hip movement along with your abdominal muscles are crucial in enabling the rest of the body to respond correctly. Your hips help you twist and having strong abs will help hold the body more centered."

Legs

"To remain close to the center of gravity, the game requires you to remain low, forcing you to adopt a natural squat-like position that is great for toning and shaping your legs. Running after the ball cross the court requires short burst runs similar to circuit training. The result is a fantastic cardio workout that helps you build lean muscle rather than bulk strength."

Top 5

Sports to enhance your on-court performance:

1. **Running:** Long distance ruing helps build endurance. This is necessary as tennis games can sometimes go on for hours.

2. **Weights:** Lightweight training will help tone the arms.
3. **Yoga:** Helps the body relax and is one of the best exercises for stretching your muscles.
4. **Swimming:** works the lat ('latissimus dorsi', the large flat muscle on your trunk, posterior to the arm) muscle.
5. **Sprinting:** Doing short, fast sprints will train you to get to the ball quickly.

What brings it all together?

Flexibility: Flexibility helps, as tennis requires a lot of twisting from the hips. It's not a sport that will make you become more flexible, but maintaining supple muscles with plenty of stretching off-court will help prevent injuries and improve movement.

Gravity: Tennis players remain in a lowered position in order to hold a center of gravity. Staying low and closer to the ground helps them to absorb the shock of the ball coming in at high speed and to then have the power to hit it back.

Coordination: Good coordination is what brings and holds the game together, a bit like the strings on a racket. It determines the footwork and ability to hit the ball from different angles.

Agility: The constant running from one part of the court to another and chasing after the ball requires a lot of agility, jumps and quickness of step.

Tips for getting the perfect beach bum

▶ Ramona Braganza

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette gives Metro tips on getting that perfect beach bum.

1. **When doing your daily walk or jog, add some uphill to your route.** This activates the deeper glute muscles and also the hamstrings, helping to give you a nice butt lift.
2. **Try taking the stairs more during the day.** Make sure you don't lean forward and instead step up — keeping your weight evenly spread on your foot, consciously activating your glutes.
3. **Do some squats.** Include some deeper squats to activate the deeper glute muscles. Try using a deck of cards. Begin standing with your feet hip-width apart holding a deck of cards, take the top card and place it on the ground between your legs, bending your knees to get as low to the ground as possible. Go through the entire deck all in a row.
4. **Jump rope.** Any type of Pliometric exercise will work your glute muscles.
5. **Butt squeezes.** It can be done anywhere anytime, especially if you spend a lot of time sitting. Contract your glutes, hold for a few seconds then release. Repeat until you start to feel some fatigue.

Sweating can make summertime the pits

Scared to raise your arms on those hot summer days? From Botox to oral medications and deodorants, there are plenty of ways to keep you dry

METRO WORLD NEWS

▶ Excessive sweating can be an embarrassing problem

CELIA MILNE
WELLNESS@METRONEWS.CA

Once or twice a year, Zoe Dredge has her armpits Botoxed. It sounds odd, but Botox is catching on as a treatment for hyperhidrosis — or excessive sweating. Dredge has had the condition since puberty.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant," she says.

Dredge, who grew up in Brisbane, Australia, learned to wear lightweight, breathable fabrics. She wasn't comfortable at dances, putting her hand up in class or giving an over-arm hug. She always thought her sweatiness was related to the heat of her home country.

But when she moved to often-chilly Toronto in 2007 and still had year-round "sweaty pits," she knew something was up. "When your body's fighting to remain warm and you're still sweating buckets, it makes you really aware that something is not right," she said.

Finally a friend suggested Botox. "I went for it," says Dredge, who is a bartender. The treatment was over within 15 minutes and it took full effect within two weeks. "I couldn't believe it. I still can't believe it," she says. "It's like a dream." She is re-training herself not to worry about what she wears. "I often catch myself having little blissfully care-free moments." She'll get it done again in seven to 12 months.

Other treatments for hyperhidrosis include antiperspirants containing aluminum chloride, oral medications, low-intensity electric current and surgery.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant."
ZOE DREDGE

Hyperhidrosis

For more information on hyperhidrosis, go to sweatmanagement.ca

Rising from volcanic ashes

Speaking of armpits, here's a new deodorant from The Body Shop. DeoDry.

It contains drying qualities of volcanic mineral in the form of an ultra-fine powder. It's that powder that provides the water absorption action. DeoDry does not contain parabens and pore-clogging ingredients found in many deodorants. Comes in three kinds: Cool and Zesty, Chilled and Breezy, Fresh and Floral.

CELIA MILNE

▶ The Body Shop's DeoDry

Keeping those whites, white

If you have excessive sweating, you can still wear white tops, but replenish your supply more often.

"Once white tops become stained it is time to let them go," says Toronto image consultant Kelly Millar. "They should always look crisp and fresh."

For fabric, Millar suggests keeping cool with natural fabrics such as cotton and linen. Avoid clingy fabrics like jersey and especially synthetic fabrics like polyester or blends that won't breathe. Silk also tends to show sweat marks.

CELIA MILNE

Plus applicable taxes and fees

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Sea, surf & soul searching

Thought surfing was just for waves? Ride your way to a balanced body and soul with surf and yoga

ROMINA McGUINNESS
METRO WORLD NEWS

Growing up on the beaches of Hawaii, Rachel Bollard has integrated yoga and surfing for years. A true beach and board babe, she sees the ocean and waves as a liquid energy unlike any other. Surfing allows every inch of the body — from mind body and spirit — to be stimulated and yoga brings longevity, power, flexibility and calm keeping you grounded and balanced.

Mind and Core

Yoga mind control and breathing is key in surfing. If a wave breaks when the surfer is underwater, breath and mind control will enable surfers to remain calm, control their fear and keep their breathing flowing until they can come back to the surface. Yoga and surfing both work towards optimum body balance. With yoga, core body strength helps sync breathing whereas in surfing it helps surfers be in sync with the ocean. Yoga exercises counteract the extreme nature of surfing by preventing injury, strengthening core endurance and rebuilding the body and mind.

Paddle and ride

In order to find the perfect flow and rhythm of the ocean, a surfer must use inner body strength, the same used in yoga. When paddling out to the ocean, surfers use their shoulders and their back, then their hips are when standing on the board and riding waves. Yoga will help build flexibility in the hips and gently unwind the tissue in the shoulders and the back, reducing overall strain on the body and preventing muscle injury. Regular practice will also lengthen the body and increase awareness allowing surfers to remain calm and focused when riding challenging waves. Combined with breath control the body will be stronger and more centered.

METRO WORLD NEWS

▶ Surfers require good hips to ride the waves.

What's in a wave?

Small waves need short and quick muscle response, requiring the surfer to be light and agile. Longer waves are more challenging and will need more endurance, muscle strength and power. Building up your core strength and a flowing breathing pattern through yoga will help surfers deal with the volatility of the ocean and feel in control of the wave.

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Dressing up mac and cheese

Canada's favourite cheesy indulgence gets an upgrade with chives, bacon and gruyere

Serves 6
Prep time: 20 min.
Cooking: 20 min.

CARLO MENDOZA

▶ Mac and Cheese with Chives and Bacon

Ingredients:

- 5 Tbsp unsalted butter, plus more for preparing pans
- 2 cups white bread, crusts removed and cut into 1/4-inch dice
- 1 1/2 cups grated sharp cheddar cheese
- 2 tsp kosher salt
- 1 Tbsp olive oil
- 1/3 cup diced thick cut bacon
- 1/3 cup finely diced onion
- 3 1/2 cup milk
- 1/4 cup all-purpose flour
- 1 cup grated gruyere cheese
- 2 Tbsp chopped chives
- 1/4 tsp freshly ground black pepper
- 1 pinch ground nutmeg
- 1 pinch ground cayenne pepper
- 1 lb short noodle pasta

Preparation:

1. Preheat oven to 400°F. Butter 8 (1-cup) ramekins and place on a rimmed baking sheet and set aside.
2. Microwave 2 tablespoons of butter on high until melted, about 30 seconds. Add bread to melted butter and toss to combine. Add 1/4 cup cheddar cheese and 1/4 teaspoon salt, toss again and set aside.
3. Set a large saucepan over medium heat and add oil. Add bacon or pancetta and onions and cook until onions are translucent, about 4 minutes. Drain excess oil, add milk and bring to a boil. Remove from heat and set aside.
4. In a second saucepan set over medium heat, melt remaining butter. Whisk in the flour and cook for 1 minute, stirring constantly to prevent scorching. Gradually whisk in reserved milk mixture until smooth and cook, continuing to stir until mixture bubbles and thickens, about 3 minutes. Remove from heat, stir in remaining cheeses, chives and spices.
5. Cook pasta to barely al dente, as directed on package. Drain pasta thoroughly, return to pot and stir in reserved cheese sauce. Divide mixture among prepared ramekins. Top with reserved bread mixture and bake until cheese sauce is bubbling and top is golden brown, about 15. Let rest 5 minutes before serving.

Recipe tips

▶ **Serve this recipe with Pesto Toast.** This recipe can also be made in a large casserole dish instead of individual ramekins.

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Liquid Assets

Give rosé a chance

Do real men drink pink? I say yes, and so do real women.

Problem is too many of you aren't getting the message. While rosés — those wines that get their blushy hue from either limited red skin contact with the juice or by combining red and white wines together — are the toast of the town in just about every other civilized nation; here in Canada they're about as popular as Lindsay Lohan at an Amish barn raising.

Now that summer has finally arrived wine shops across Canada will be trying to get you on the rosé bandwagon with a selection of new pinkies. Think hard about making the leap. Modern versions balance their fruit and acidity with the grace of a member of Cirque du Soleil and pair amazingly well with barbecue sauces and seasonal dishes when served ice cold.

While good rosé can be made anywhere, Australia, Chile, Argentina and southern France are great places from which to fill your glass. Same goes for Spain where wines like the bright and refreshing Chivite 2008 Gran Feudo Rosado ($11.95 - $14.99) can start out all ripe cherry and raspberry but end with a crisp, palate-cleansing finish.

PETER ROCKWELL
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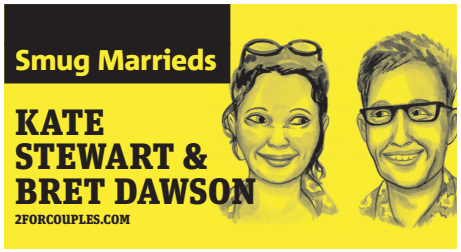

STANDING UP TO THE IN-LAWS

I am no longer comfortable spending time with my common law's family because they always make backhanded compliments. I've tried talking to him about this, but he thinks I'm acting like a spoiled brat. He says that if I feel insulted, I'm a big girl and should stick up for myself. I feel that because it's his family, he should be sticking up for me. What should I do?

Kate says...
Yes, you are both right. If his family is treating you with disrespect, you have a duty to yourself to insist that they do not. Show them that you are not a person who accepts that kind of juvenile nonsense. Not to get all Oprah on you, but if you treat yourself with respect, and if you set an example with your actions and your words, they will start seeing you as someone not to be messed with. This is harder to do if you've already allowed the pattern of rude behaviour you describe to become established in your relationship with them.
Bret says...
The other possibility is that you are hateful or boring or off-putting in some way, and your in-laws are just responding like any sane and reasonable person would, and your common law is hiding the truth from you. Here are three quick questions to ask yourself. And be honest. 1) Do you baby talk to grown-ups? 2) Are you kind of a downer to be around? 3) Does your breath stink? You're welcome.

Can I still go out with the girls as much once I get hitched?

Kate says...
If you've pinpointed going out with your girlfriends as a possible problem, is it because it's a problem now? In that case you should come to an arrangement with your partner, because any problems you have now won't disappear in a sprinkling of pixie dust when you walk down the aisle. Or are you assuming it will become a problem once you're married? In that case you should take a look at your expectations for marriage. Throwing a wedding isn't going to change the way the two of you relate to each other.
Bret says...
I suspect that "the girls" aren't really girls, and that you're actually a guy who likes his hockey with many pitchers of macrobrew and many 60-inch plasma screens and many platters of wings and especially many other men. That's okay. You don't have to give that up. But you are a loser for fudging your gender in your question. Admit your love for man evenings!

Gunning for a great sex life?

Metro talks with a sexologist on the pressure couples are under to have amazing sex on certain dates Her advice? Make every day Valentine's Day

DANIEL HOLLOWAY
METRO WORLD NEWS

FLICKR PHOTO

▶ A sexologist told Metro that the media has failed to romanticize sex enough.

How would you define the term "sexologist"?

"As someone who has had graduate-level academic training in human sexuality, has studied human sexual behaviour and psychology," says Dr. Yvonne K. Fulbright. She should know. Fulbright is a sexologist by trade, and the author of five books, including Touch Me There! A Hands-On Guide to Your Orgasmic Hotspots.

Is there a lot of pressure on anniversaries and Valentine's Day for couples to have better-than-usual sex?
There's so much hype around the holiday for men to make it not just the most romantic night, but also full of the best sex of your lives. Because it's been dictated that this holiday is more about material goods, I think a lot of people just feel like they're going through the motions rather than take it as a day to show appreciation and love, and to celebrate romance and intimacy.

"Forget trying to have sex on a regular basis ... try to fall in love all over again."
DR. YVONNE K. FULBRIGHT

What advice would you give a couple who was looking to recapture the spark in their sex life?
A lot of couples need to start over at square one, which is wooing each other. Forget trying to have sex on a regular basis — try to remember why you're attracted to each other and try to feel reconnected. Try to fall in love all over again.

How do you woo someone who sees you drooling on your pillow in the morning?
Approach it delicately. Say, "I want to start doing special things for you. I've got a couple ideas of my own (even if you don't), but I feel like I can do a better job if you tell me what would be meaningful to you." The other person might not know what to make of it at first, but ultimately they're going to feel like their ego has been stroked. People like feeling flattered, they like feeling desired. That's what has always annoyed me personally about this holiday: People should treat every day like it's Valentine's Day. We shouldn't just be nice to each other once a year.

Does the way the media portrays sex and romance set unrealistic expectations for Valentine's Day?
I think one thing the media fails to do, except around this holiday, is romanticize sex enough. We actually tend to cast it as something very separate from the rest of ourselves, something that should be amazing with relatively little effort, some quick moves, a couple hot spots hit and a lot of goals in mind. The bigger picture is that it's about emotions and what's really going on in the relationship. We have to spend more time thinking about the basics — how love and romance make for a better sex life.

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IS FINANCIAL FREEDOM IN YOUR FUTURE?

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the age of consumption it almost seems blasphemous to not want to spend. That's why we've found ways you can be frugal while still having some fun.

I furnished my entire house for less than $3,500; and it's been featured in Canadian home buying articles for its classiness and style. Rather than spending a small fortune on brand new furniture, I hit up eBay, Craigslist, auctions, garage, estate and going-out-of-business sales. I scored my dining-room table for $50, TV stand for $8, stove for $60, bedroom set for $600 and gorgeous couches for $500. Most items were unused and still in their original wrapping.

You can still be frugal without haggling store clerks or sacrificing your image.

I have nice outfits, a spacious house, a cool car, and I take a sweet vacation each year.

But, I never pay full price for anything.

Savvy spending saves me time and money because I know when, where and how to shop.

The best time to shop is when there are sales; so sign up for email notifications and watch for red or yellow clearance signs.

Last minute travel deals, for example, are advertised on websites and by spam email.

If what you want isn't marked down, ask for a discount — yes, this actually works, especially when you're paying in cash.

"Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence"

The best places to shop are those where you can buy on-sale high quality goods.

Many reputable auction houses, for example, offer superior products at bargain prices like cars, furniture and art.

Using discretion, avoid products that have a reputation for shoddy workmanship; they'll break and likely cost you more in the long run.

The best way to shop is to first determine whether you actually need the product or just want it.

If you don't need it, don't buy it; no matter how good the sale is.

Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence.

A good deal you can't afford is never a good deal.

But, if you're primed for a purchase, try paring down (choose the iPod Shuffle vs. the Nano) or buy "used" through reputable online websites.

For regular household items, buy in bulk or shop in stores with concrete floors. Last, sign up for loyalty programs so you can collect points — everyone loves freebies!

The more you save, the bigger your net worth grows, getting you closer to financial freedom — and that's a future you really want to afford.

Lesley Scorgie is the bestselling author of Rich by Thirty: A Young Adult's Guide To Financial Success and Rich by Forty.

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CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Be wary of gift cards

Gift cards are a convenient, affordable way to give gifts to friends and family yet they can have certain limitations that may not always be obvious at the point of sale.

Ask the salesperson if the card has an expiry date or any other limitations such as only being applicable to regularly priced items. Rules about gift cards vary; you can check the policy in your area by visiting ConsumerInformation.ca.

NEWS CANADA

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4 sports

Sports in brief

1 Justin Morneau leads all-star vote for first base.

2 Cubs pitcher Carlos Zambrano will be placed on the restricted list.

3 Cincinnati Bengals receiver Chris Henry suffered from a chronic brain injury, research said. THE ASSOCIATED PRESS

Scan for code for sports news

Brazil soars over Chile

Three different players score for Brazil as Chile becomes South America's first casualty Win sets up a date with the Dutch in the quarters

MICHAEL STEELE/GETTY IMAGES

Luis Fabiano of Brazil jumps over Claudio Bravo of Chile to score.

BRAZIL	CHILE
3	0

Goal Scorers: Brazil: Juan (34th), Luis Fabiano (38th), Robinho (59th)
Shots: Brazil: 17; Chile: 15
Shots on Goal: Brazil: 6; Chile: 2
Fouls Committed:- Brazil: 14; Chile: 18.
Attendance: 54,096

Juan, Luis Fabiano and Robinho scored as Brazil moved closer to a sixth World Cup title, beating South American rival Chile 3-0 yesterday to reach the quarter-finals.

Juan gave his team the lead in the 35th minute with a firm header from a corner, sending the ball into the upper left corner and past the outstretched arms of Chile goalkeeper Claudio Bravo.

Luis Fabiano added to the lead from a fast breakaway in the 38th, receiving a one-touch pass from Kaka and dribbling past Bravo inside the area before scoring into an open net. Robinho started the play with a run on the left side before finding Kaka at the edge of the area.

Robinho then scored his first goal of the tournament with a shot from the edge of the area in the 59th, receiving a pass from Ramires and shooting inside the far post.

It was Robinho's seventh goal in Brazil's last six matches against the Chileans.

Brazil will next face the Netherlands, which beat Slovakia 2-1.

Chile became the first of the five South American teams to be eliminated from the World Cup. Argentina, Paraguay and Uruguay are still in the tournament along with Brazil.

"We leave the tournament knowing that we gave everything on the pitch," Bravo said. "We are a very fragile team at times. We attack very well, but we have to know when to defend."

Brazil has now reached the quarter-finals of the World Cup every time since 1990.

THE ASSOCIATED PRESS

Netherlands doubles Slovakia

23
The Dutch extended their team-record unbeaten streak to 23 games with help from goalkeeper Maarten Stekelenburg, who made two key saves in the 67th.

LAURENCE GRIFFITHS/GETTY IMAGES

Arjen Robben celebrates.

Arjen Robben and Wesley Sneijder scored yesterday to give the Netherlands a 2-1 win over Slovakia and a spot in the World Cup quarter-finals.

The Dutch went ahead in the 18th minute, when Robben cut inside from the right flank and scored from 20 yards. Sneijder added a second goal into an empty net in the 84th.

Robert Vittek pulled one back for Slovakia from the penalty spot in injury time, tying him with Argentina forward Gonzalo Higuain for the tournament scoring lead with four goals.

The Netherlands also won all three of its group games.

THE ASSOCIATED PRESS

Portugal promises to attack

PORTUGAL SPAIN

Time: 12:15 p.m. MT
Channel: CBC

Portugal's coach promised attacking soccer ahead of his team's round of 16 match against Spain today, predicting the first-ever meeting between the neighbouring countries in a World Cup would be one of the highlights of the tournament.

A confident Carlos Queiroz said Portugal was ready to "take some risks" after 0-0 draws in the first round against Ivory Coast and Brazil. Spain is the reigning European champion and a World Cup favourite, but has been frustrated by packed defences in South Africa.

Midfield playmaker Deco could return for Portugal after missing two matches with a right hip injury, but Danny and Duda are unlikely to play after picking up injuries against Brazil. Spain, meanwhile, is monitoring Xabi Alonso, who returned to training yesterday from a right-ankle sprain.

THE ASSOCIATED PRESS

KEVIN C. COX/GETTY IMAGES

Where will forward go?

Raps GM: Bosh likely to leave

Chris Bosh's departure from the Toronto Raptors sounds like a done deal.

General manager Bryan Colangelo told Toronto all-sports radio station the FAN 590 yesterday that he expects the all-star forward to leave as a free agent.

Making his strongest statements yet on the subject, Colangelo added that he was hopeful Bosh would help the Raptors get something in return.

THE CANADIAN PRESS

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GREGORY SHAMUS/GETTY IMAGES

▶ LeBron James becomes a free agent Thursday.

Basketball waiting on LeBron

Hey LeBron, make up your mind!

That's what everyone from the people drafting the schedules to the ones designing the video games might be thinking once free agency opens at 12:01 a.m. ET Thursday. Because even though deals can be signed as early as July 8, few expect much action until LeBron James decides what he is going to do.

"We don't know how long the process is going to be, but the dominoes sort of have to fall," Wizards president Ernie Grunfeld said. "The top of the heap is LeBron, and depending on what he does I think will dictate the rest of free agency."

James is the biggest prize among what's considered the deepest free agency class ever. Dwyane Wade and Chris Bosh join the two-time MVP at the top of the list, with perennial all-stars Amare Stoudemire, Joe Johnson and Dirk Nowitzki among the names likely to hit the market.

James is expected to begin welcoming his suitors to Ohio on Thursday, and perhaps he'd even decide that day whether he's staying with Cleveland or moving on to chase a title elsewhere.

In the hunt

A look at the teams that could pursue LeBron.

- **CHICAGO BULLS**
  If James doesn't mind playing in Jordan's old home, he may find his best chance to win is there.
- **CLEVELAND CAVALIERS**
  The Cavs have to count on his loyalty to home.
- **LOS ANGELES CLIPPERS**
  There's certainly reasons for James to be intrigued by the Clippers, but just as many to be scared off by them.
- **NEW YORK KNICKS**
  No matter how much James loves New York, he may not love the Knicks.

And the Cavaliers aren't the only ones waiting on his answer.

"I think on behalf of our teams, that they'd like to sell tickets wherever he is, whether it's in Cleveland or someplace else," NBA commissioner David Stern said.

Besides the Cavaliers, the Chicago Bulls, Miami Heat, New York Knicks and New Jersey Nets are considered leading candidates to land James and the other top free agents.

THE ASSOCIATED PRESS

Wimbledon in pictures

PHOTOS
1. CLIVE BRUNSKILL/GETTY IMAGES
2. MATTHEW STOCKMAN/GETTY IMAGES
3. MATTHEW STOCKMAN/GETTY IMAGES
4. HAMISH BLAIR/GETTY IMAGES

1 Andy Roddick was stunned in the fourth round at Wimbledon by 82nd-ranked Yen-hsun Lu of Taiwan.

2 Serena Williams overcame Maria Sharapova to reach the quarters and avenge her loss to the Russian in the 2004 final.

3 Roger Federer swept past 16th-seeded Jurgen Melzer 6-3, 6-2, 6-3 to reach his 25th consecutive Grand Slam quarter-final.

4 Rafael Nadal beat Paul-Henri Mathieu in three sets and showed no sign of the right knee trouble that bothered him previously.

Scoreboard

MAJOR LEAGUE BASEBALL

YESTERDAY'S AL RESULTS

Cleveland 2 Toronto 1
Kansas City 3 Chicago White Sox 1
Detroit 7 Minnesota 5

YESTERDAY'S NL RESULTS

Cincinnati 7 Philadelphia 3
Atlanta 5 Washington 0
Pittsburgh 2 Chicago Cubs 1
Houston 9 Milwaukee 5
St. Louis 6 Arizona 5
Colorado at San Diego
L.A. Dodgers at San Francisco

WORLD CUP

TODAY'S GAMES

Paraguay vs. Japan, 8 a.m.
Spain vs. Portugal, 12:30 p.m

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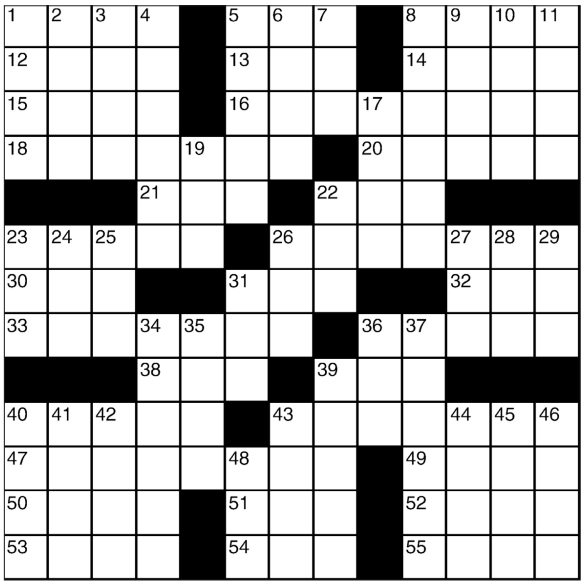
Crossword



Across
1 Open slightly
5 Knock
8 Speedy steed
12 Equine crossbreed
13 Ram's mate
14 Zilch
15 Use 18-Across
16 Prefixed explanation
18 Windows feature
20 Red Sea land
21 Science workshop
22 Meadow
23 Refine
26 Hasp fastener
30 Feedbag tidbit
31 Curse
32 Weeding tool
33 Tetanus
36 Askew
38 Promptly
39 Larry and Curly's pal
40 Foolish folks
43 Mandible
47 Nitwit
49 Vicinity
50 Carrier to Tel Aviv
51 Eggs
52 Afternoon affairs
53 Journals
54 "Platoon" site
55 Catch sight of

Down
1 "So be it"
2 Martial art
3 Settled down
4 Narrate anew
5 Habit-kicking program, for short
6 Dumbfounded
7 Shell game need
8 Temper, as metal
9 Leeway
10 Initial stake
11 Existed
17 Changed the color
19 Butter serving
22 Remiss
23 Scale member
24 Long March leader
25 And so on (Abbr.)
26 "Wham!"
27 Discoverer's cry
28 Swindle
29 Frat party container
31 Manhandle
34 Prepares to pray
35 Tease
36 "Holy moley!"
37 Money-back deal
39 Sir's counterpart
40 First victim
41 One's performance
42 Unforeseen woe
43 Morning beverage, slangily
44 Raw rocks
45 Tide variety
46 Simple
48 Very long time

▶ Yesterday's answer

Sudoku

8		7	3		9	1		6
		6				8		
	4						3	
		5	8		4	2		
3								1
		2	9		6	7		
	8						2	
		4				9		
5		1	7		2	3		4

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

7	1	2	4	5	6	3	9	8
6	4	8	9	1	3	2	7	5
3	9	5	7	8	2	4	1	6
9	2	3	1	6	4	5	8	7
1	5	4	8	9	7	6	2	3
8	7	6	3	2	5	9	4	1
4	8	1	6	3	9	7	5	2
2	3	9	5	7	1	8	6	4
5	6	7	2	4	8	1	3	9

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Thanks to everyone for the birthday wishes. It's so nice that everyone took a moment to think of me yesterday
HAILBAIL

Francesco this Metro Kiss is just for you.
LAI XO...

Adam and Sophia: Summer is here, we are going to have so much fun! Love you both very much
MOMMA XOXOX

I love you Ahamad!
L XO...

You're an amazing Mom. Good luck on Wednesday.
LOVE, CHRISTINE

How did I get so lucky?
XO MARIA

Dear Brut, Congrats on the new ta-tas
WONDER WOMAN

A look at the weather

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

TOMORROW	WEDNESDAY	THURSDAY
Min 16° Max 22°	Min 14° Max 21°	Min 14° Max 22°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aires March 21-April 20 If you need to make changes on the home front then now is the time. In fact, if you don't make changes soon something will force you to change.

♉ Taurus April 23-May 21 Your awareness of how quickly time passes and how much needs to be done will motivate you to cram as much as you can into the next 24 hours. But don't overdo it.

♊ Gemni May 22-June 21 | What you achieved yesterday and the day before may have been good but it is what you achieve today and tomorrow and the day after that which matters. Set your sights high and get cracking.

♋ Cancer June 22-July 22 Whatever you want most out of life you will find a way to get over the next few weeks, and you won't let anything stand in your way.

♌ Leo July 23-Aug.23 For your own peace of mind you need to carve out some time when you can be on your own.

♍ Virgo Aug. 24- Sept. 22 You will meet someone today who has remarkable ideas, the kind of ideas that can inspire you to accomplish great things.

♎ Libra Sept. 23-Oct. 23 Play by the rules and resist the urge to cut corners, even if you are certain that you won't be caught. It's not those in authority you most need to worry about but the bad feeling you will get from your own conscience.

♏ Scorpio Oct. 24-Nov. 22 Throw caution to the wind and do whatever it takes to make your mark on the world. Aim to be first in everything and before the Sun dips below the horizon your name will be on everyone's lips – hopefully for the right reasons.

♐ Sagittarius Nov. 23-Dec. 21 If you have made any promises in recent weeks then you will be expected to deliver on them today, no matter how difficult that might be.

♑ Capricorn Dec. 22-Jan. 20 Like it or not other people will have the last say as to where you can go and what you can do over the next 24 hours. That might not sound appealing but you will just have to put up with it – for now.

♒ Aquarius Jan. 21-Feb. 18 Cosmic events in the work and well-being area of your chart urges you to make detailed plans before embarking on anything new. Make sure you research all the pros and cons before starting a new fitness regime.

♓ Pisces Feb. 19-March 20 You will find yourself in a position of power today, and that's nice, but the extra responsibility will also bring a certain amount of stress. Do you think you can handle it? If not, that's okay.

SALLY BROMPTON

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Caption contest

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